



City of Lake Forest Senior Scene

www.lakeforestca.gov/seniors/

100 FREE TAXI VOUCHERS

The City of Lake Forest has expanded its Senior Mobility Program to include 24/7 taxi transportation!

The taxi vouchers will be given away via lottery drawing. So no need to arrive early!

You must be

- Lake Forest resident
- 60 years of age

You must have with you

- Proof of residency (driver's license or current utility bill)
- Proof of age (driver's license, passport or birth certificate)

When

- City Hall – 25550 Commercentre Dr., Lake Forest
- Computer Training Room (Downstairs)
- Tuesday, July 15 (until vouchers are depleted); Lottery held 10:30 AM–2:00 PM.

**See page 14 for taxi routes and rates.
For additional information call 949-461-3450.**

Jul / Aug / Sep 14

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Happening?

**SENIOR SCENE
CLUBHOUSE HOURS**

Monday thru Thursday
10:00 AM – 2:00 PM

HOW TO RESERVE YOUR SEAT FOR MINI EXCURSIONS

Due to limited space, Lake Forest residents will have "priority" to register for the mini excursions. Lake Forest residents may register at City Hall, 25550 Commercentre Drive, Lake Forest in Community Room A.

Considerable walking or standing is involved with the mini excursions.

Fill out the liability release form provided to reserve your seat. If space is available, non-residents may register upstairs the following day.

Registrations will only be taken at the times and dates listed.

Thank you in advance for your cooperation.

MINI EXCURSION REGISTRATION

July

Lake Forest Residents:
Wed, July 2, 12:00 PM

Non-Residents:
Thurs, July 3

August

Lake Forest Residents:
Wed, Aug 6, 12:00 PM

Non-Residents:
Thurs, Aug 7

September

Lake Forest Residents:
Wed, Sep 3, 12:00 PM

Non-Residents:
Thurs, Sep 4

JULY MINI EXCURSIONS



**Fullerton
Arboretum &
Heritage House
Tuesday, July 8
10:00 AM-1:30 PM
Fee: \$6.00 (pay
at the door /
exact change;
docent-led tour)**

The Fullerton Arboretum is a 26-acre botanical garden with a collection of plants from around the world. It is the largest botanical garden in Orange County, with a collection of over 4,000 plants. The Arboretum saves species that are extinct or near extinction and serves as a learning place for agricultural history. You will also tour the Heritage House built in 1894. The house displays original furnishings and memorabilia. **Dirt paths.**



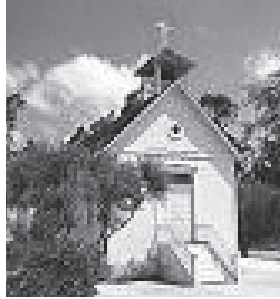
**Casa Romantica • San Clemente
Wednesday, July 23 • 10:15 AM-2:00 PM
Fee: \$5.00 (pay at door)**

Perched on a bluff overseeing the historic San Clemente Pier, the magnificent Casa is a living demonstration of California history, culture, and ecology region featuring a Native American Garden, Butterfly Garden, Herb Garden, and a Woodland Garden. After the tour enjoy the remainder of the day in downtown San Clemente where you can shop and have lunch or bring your lunch.

AUGUST MINI EXCURSIONS

**Tustin Certified
Farmers Market &
Tustin Area Museum
Wednesday, August 13
10:00 AM-2:00 PM
Fee: \$2.00 (Museum:
pay at the door / exact
change)**

Start at the Farmers Market and then the Tustin Area Museum displaying memorabilia from the 1930's, 1920 fire engine, vintage photos, and more. Lunch is on your own or bring a lunch.



**Heritage Hill
Historical Park •
Lake Forest
Wednesday, August 27
10:15 AM-1:45 PM
Fee: \$2.00 (pay at the
door / exact change;
docent-led tour)**

Tour the fully restored Serrano Adobe (circa 1863), El Toro Grammar School (1891), St. George's Episcopal Mission (1891), and through the citrus farming days of the Harvey Bennett Ranch House (1908). Bring your lunch (we'll keep it cool) to eat at the park. Parks & Recreation Commissioner Victor Scherr will be your guide.

SEPTEMBER MINI EXCURSIONS

**That's Amazing!
30 Years of Huell
Howser & California
Gold Exhibit • Orange
Tuesday, September 9
10:00 AM-1:00 PM
Fee: Free**

Back by popular demand: the Huell Howser Exhibit, housed in Chapman University's Leatherby Libraries. It features a replica of Howser's office, a quote wall, career artifacts, fan gifts, and his eclectic personal art collection.



**BBQ at Baker Ranch Community Park •
Lake Forest
Monday, September 29 • 10:45 AM-1:30 PM
Fee: Free**

Join staff for a BBQ, play some games, and win some prizes as we check out our newest community park at Baker Ranch.

SEMINARS

Jul/Aug/Sep 2014

4

Senior Scene

July

How to Manage Stress in Your Life

**Thursday, July 24
11:15 AM**

This is a topic we all have in common...STRESS! But how you deal with stress makes a big difference in your health.

There are healthy ways to cope with stress. Learn about how you can better manage the stress in your life.

August

Lake Forest Sports Park

**Thursday, August 21
11:15 AM**

Gary Magill, Director of Community Services, will discuss our new 86-acre Sports Park which is the largest sports park in Orange County with 57 acres devoted to sports and fields. The opening of the Sports Park will be in November 2014!

September

Fall Prevention

**Thursday, September 18
11:15 AM**

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented – and you have the power to reduce your risk. A representative from the Office on Aging will discuss fall prevention tips.

CRAFTY CRAFTERS

Due to the popularity of this program, you must register downstairs for all craft classes by calling 461-3408 the first Monday of the month (i.e. for July, call July 7; for August, call August 4; and for September, call September 8).

Crafts may change due to availability of supplies.

GREETING CARDS

Tuesday, July 15 • 10:30 AM

You can never have enough greeting cards and now, especially, handmade cards. Learn how to stamp, die cut, punch and embellish your own cards.



BURLAP UTILITY BOX

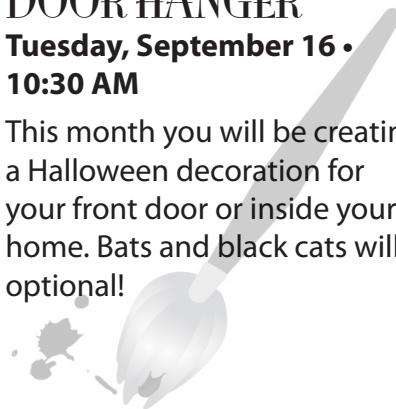
Tuesday, August 19 • 10:30 AM

We will provide all the supplies (box and burlap) and you will create a versatile container that can store many items – or a tissue box will fit perfectly!

HALLOWEEN PLAQUE/DOOR HANGER

Tuesday, September 16 • 10:30 AM

This month you will be creating a Halloween decoration for your front door or inside your home. Bats and black cats will be optional!



CLUBHOUSE FUN

Come visit us at the Senior Scene Clubhouse! You'll enjoy a variety of activities including card playing, tile games, monthly game tournaments, seminars, exercise classes, craft classes, and movies. This is a great place to meet new friends! No need to make a

reservation for this great drop-in program. Join us for Bingo and a free hot lunch every Thursday!

The Clubhouse is open Monday through Thursday each week from 10 AM-2 PM.

DISCOVER THE EXCITEMENT!

BAGELS & BINGO

Tue • 10:30 AM

Jul 1 • Aug 5 • Sep 2

CHAT WITH MONARCH HEALTHCARE

Wed • 11:30 AM–12:30 PM

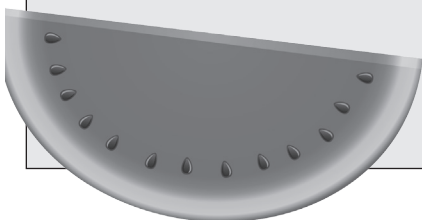
Jul 2 • Aug 6 • Sep 3

Are you new to the area?
Looking for a doctor who
specializes in senior issues?
A representative from Monarch
HealthCare will discuss
available options.

WATERMELON EATING CONTEST

Thu, Jul 3 • 11:30 AM

We're kicking off the
4th of July in style with
our watermelon eating
contest. Did you know
there are watermelon
eating contests all over the
world? But nothing like the
one we have at the Senior
Clubhouse. The winner will
receive something special.
I mean "really" special!



CELL PHONES 101

Tue • 12:00–2:00 PM

Jul 15 • Aug 19 • Sep 16

Cell phone technology
changes like the wind.
Just when you learn how
to use your cell phone
you get an upgrade. Drop
by the Senior Clubhouse
and Jose from Monarch
HealthCare will show
you "one-on-one" how to
master your phone.

PING PONG

Tue • 11:00 AM–1:00 PM

Jul 8 • Aug 12 • Sep 9

Dust off your paddles and join
us for a friendly game of Ping
Pong! It's great exercise, too!

BINGO MANIA

Mon • 11:00 AM

Jul 21 • Aug 18 • Sep 15

SCRABBLE GAMES

Wed • 10:30 AM

Jul 16 • Aug 20 • Sep 17

RUMMIKUB TOURNAMENT

Tue • 10:30 AM

Jul 29 • Aug 26 • Sep 30

BIRTHDAY CELEBRATIONS

Thu • 11:30 AM

Jul 31 • Aug 28 • Sep 25

SUMMERTIME SMOOTHIES

Mondays • 12:00 PM

Throughout the summer
months, staff will serve
you a refreshing and
healthy fruit smoothie.
Yum-yum! (No smoothies
served on 9/29.)

MAHJONG MONDAYS AND WEDNESDAYS

10:00 AM–2:00 PM

Every Monday and Wednesday.

COUPON SWAP

Drop off and pick up coupons.

DROP-IN COMPUTER LAB

Mon/Tue/Thu 10:00 AM–2:00 PM

Wed 11:00 AM–2:00 PM

Availability limited at times
due to training and computer
classes. No instructor is on site.

UNO TOURNAMENT

Tue, Sep 23 • 11:00 AM

This game was an all-
time favorite way back in
2002! So we are bringing
it back. You may want to
practice a little. A prize
goes to the winner!

LEGEND

CH
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949.461.3400

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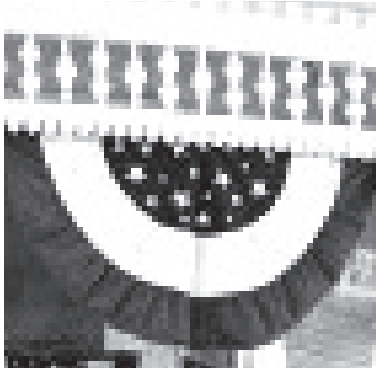
FL
Forest Lanes
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SDCCC
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Community Center
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949.951.8599

S&S Club
Sun & Sail Club
24752 Toledo Way
949.586.0860

IVC
Irvine Valley College
23308 Cherry Ave.
949.451.5555

SUN	MON	TUE
<div>JULY</div>		<div>1</div> <div>10:00 AM Drop-In Computer Lab (CC-TR)</div> <div>10:30 AM Bagels & Bingo (CC-A)</div> <div>11:30 AM Cold Box Lunch Program (CC-A)</div> <div>12:30 PM Dyna-Bands (CC-B)</div> <div>2:00 PM Aquatic Fitness (LFBTC)</div> <div>Cold Box Lunch</div>
	<div>6</div> <div>10:00 AM Mahjong (CC-A)</div> <div>10:00 AM Drop-In Computer Lab (CC-TR)</div> <div>11:30 AM Cold Box Lunch Program (CC-A)</div> <div>12:00 PM Summertime Smoothies (CC-A)</div> <div>Cold Box Lunch</div>	<div>7</div> <div>10:00 AM Mini Excursion – Fullerton Arboretum & Heritage House</div> <div>10:00 AM HiCap Appointments</div> <div>10:00 AM Drop-In Computer Lab (CC-TR)</div> <div>11:00 AM Ping Pong (CC-A)</div> <div>11:30 AM Cold Box Lunch Program (CC-A)</div> <div>12:30 PM Dyna-Bands (CC-B)</div> <div>2:00 PM Aquatic Fitness (LFBTC)</div> <div>Cold Box Lunch</div>
	<div>13</div> <div>10:00 AM Mahjong (CC-A)</div> <div>10:00 AM Drop-In Computer Lab (CC-TR)</div> <div>11:30 AM Cold Box Lunch Program (CC-A)</div> <div>12:00 PM Summertime Smoothies (CC-A)</div> <div>Cold Box Lunch</div>	<div>14</div> <div>10:00 AM Mahjong (CC-A)</div> <div>10:00 AM Drop-In Computer Lab (CC-TR)</div> <div>11:30 AM Cold Box Lunch Program (CC-A)</div> <div>12:00 PM Summertime Smoothies (CC-A)</div> <div>Cold Box Lunch</div>
	<div>20</div> <div>10:00 AM Mahjong (CC-A)</div> <div>10:00 AM Drop-In Computer Lab (CC-TR)</div> <div>11:00 AM Bingo Mania (CC-A)</div> <div>11:30 AM Cold Box Lunch Program (CC-A)</div> <div>12:00 PM Summertime Smoothies (CC-A)</div> <div>Cold Box Lunch</div>	<div>21</div> <div>10:00 AM Drop-In Computer Lab (CC-TR)</div> <div>11:30 AM Cold Box Lunch Program (CC-A)</div> <div>12:30 PM Dyna-Bands (CC-B)</div> <div>2:00 PM Aquatic Fitness (LFBTC)</div> <div>Cold Box Lunch</div>
	<div>27</div> <div>5:30 PM Summer Concert at Pittsford Park</div> <div>10:00 AM Mahjong (CC-A)</div> <div>10:00 AM Drop-In Computer Lab (CC-TR)</div> <div>11:30 AM Cold Box Lunch Program (CC-A)</div> <div>12:00 PM Summertime Smoothies (CC-A)</div> <div>Cold Box Lunch</div>	<div>28</div> <div>10:00 AM Mahjong (CC-A)</div> <div>10:00 AM Drop-In Computer Lab (CC-TR)</div> <div>11:30 AM Cold Box Lunch Program (CC-A)</div> <div>12:00 PM Summertime Smoothies (CC-A)</div> <div>Cold Box Lunch</div>
		<div>15</div> <div>10:00 AM Drop-In Computer Lab (CC-TR)</div> <div>10:30 AM Crafts – Greeting Cards</div> <div>11:30 AM Cold Box Lunch Program (CC-A)</div> <div>12:00 PM Cell Phones 101 (CC-A)</div> <div>12:30 PM Dyna-Bands (CC-B)</div> <div>2:00 PM Aquatic Fitness (LFBTC)</div> <div>Cold Box Lunch</div>
		<div>22</div> <div>10:00 AM Drop-In Computer Lab (CC-TR)</div> <div>11:30 AM Cold Box Lunch Program (CC-A)</div> <div>12:30 PM Dyna-Bands (CC-B)</div> <div>2:00 PM Aquatic Fitness (LFBTC)</div> <div>Cold Box Lunch</div>
		<div>29</div> <div>10:00 AM Drop-In Computer Lab (CC-TR)</div> <div>10:30 AM Rummikub Tournament (CC-A)</div> <div>11:30 AM Cold Box Lunch Program (CC-A)</div> <div>12:30 PM Dyna-Bands (CC-B)</div> <div>2:00 PM Aquatic Fitness (LFBTC)</div> <div>Cold Box Lunch</div>

WED	THU	FRI / SAT
<div>2</div> <div> 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Chat with Monarch HealthCare (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Mini Excursion Registration (CC-A) 1:00 PM Yoga with Fleur (CC-B) Cold Box Lunch </div>	<div>3</div> <div> 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Watermelon Eating Contest (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Hamburgers and Chips </div>	<div>4</div> <div> FRI 4TH OF JULY 10:00 AM Independence Day Parade 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT 5 </div>
<div>9</div> <div> 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Senior Advisory Board Meeting 10:00 AM Mahjong (CC-A) 10:00 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga with Fleur (CC-B) Cold Box Lunch </div>	<div>10</div> <div> 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Salad Bar </div>	<div>11</div> <div> FRI <hr/> SAT 12 8:30 AM AARP Driver Safety Refresher Course (CC-A) </div>
<div>16</div> <div> 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Scrabble (CC-A) 11:30 AM Movie Day – Philomena (CC-L) 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch </div>	<div>17</div> <div> 9:30 AM Book Discussion – The Art Forger (CC-EI Toro Room) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Italian Feast </div>	<div>18</div> <div> FRI 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT 19 </div>
<div>23</div> <div> 9:00 AM Excursion – Barona Casino 10:00 AM Mahjong (CC-A) 10:15 AM Mini Excursion – Casa Romantica 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga with Fleur (CC-B) Cold Box Lunch </div>	<div>24</div> <div> 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar – How to Manage Stress in Your Life (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Chinese Feast </div>	<div>25</div> <div> FRI 1:00 PM Bowling League (FL) <hr/> SAT 26 </div>
<div>30</div> <div> 10:00 AM Mahjong (CC-A) 10:45 AM Movie Day – Still Mine (CC-L) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) Cold Box Lunch </div>	<div>31</div> <div> 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Birthday Celebration (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Mexican Chicken Bowl </div>	

LEGEND

SUN

MON

TUE

AUGUST

CH
City Hall
25550 Commercentre Dr.
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<p>3</p>	<p>4</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Summertime Smoothies (CC-A)</p> <p>Cold Box Lunch</p>	<p>5</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>10</p>	<p>11</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Summertime Smoothies (CC-A)</p> <p>Cold Box Lunch</p>	<p>12</p> <p>10:00 AM HiCap Appointments 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>17</p>	<p>18</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Summertime Smoothies (CC-A)</p> <p>Cold Box Lunch</p>	<p>19</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Utility Box 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Cell Phones 101 (CC-A) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>24</p> <p>5:30 PM Summer Concert at Pittsford Park</p> <p>31</p> <p>Cold Box Lunch</p>	<p>25</p> <p>10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>12:00 PM Summertime Smoothies (CC-A)</p> <p>Cold Box Lunch</p>	<p>26</p> <p>10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A)</p> <p>2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>

WED		THU		FRI / SAT	
				FRI	1
				1:00 PM Bowling League (FL)	
				4:00 PM Out of Africa Safari Party (reservations required)	
				City Hall Closed	
				SAT	2
				FRI	8
				1:00 PM Bowling League (FL)	
				SAT	9
				FRI	15
				1:00 PM Bowling League (FL)	
				City Hall Closed	
				SAT	16
				FRI	22
				1:00 PM Bowling League (FL)	
				SAT	23
				FRI	29
				1:00 PM Bowling League (FL)	
				City Hall Closed	
				SAT	30

LEGEND

CH City Hall 25550 Commercentre Dr. 949.461.3400
CC Community Center 25550 Commercentre Dr. 949.461.3450
CC-A Community Center Room A
CC-B Community Center Room B
CC-AR Community Center Activities Room
CC-TR Community Center Training Room
CC-L Community Center Lounge
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FL Forest Lanes 22771 Centre Drive 949.770.0055
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S&S Club Sun & Sail Club 24752 Toledo Way 949.586.0860
IVC Irvine Valley College 23308 Cherry Ave. 949.451.5555

SUN	MON	TUE
	<div>1</div>  <div> LABOR DAY City Hall and Clubhouse Closed </div>	<div>2</div> <div> 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bagels & Bingo (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) </div> <div> 12:30 PM Dyna-Bands (CC-B) 2:00 PM Aquatic Fitness (LFBTC) </div> <div>Cold Box Lunch</div>
7	<div>8</div> <div> 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) </div> <div> 12:00 PM Summertime Smoothies (CC-A) </div> <div>Cold Box Lunch</div>	<div>9</div> <div> 10:00 AM Mini Excursion – Huell Howser Exhibit 10:00 AM HiCap Appointments 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Ping Pong (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) </div> <div> 12:30 PM Dyna-Bands (CC-B) 2:00 PM Aquatic Fitness (LFBTC) </div> <div>Cold Box Lunch</div>
14	<div>15</div> <div> 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM Bingo Mania (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) </div> <div> 12:00 PM Summertime Smoothies (CC-A) </div> <div>Cold Box Lunch</div>	<div>16</div> <div> 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Crafts – Halloween Plaque / Doorhanger 11:30 AM Cold Box Lunch Program (CC-A) </div> <div> 12:00 PM Cell Phones 101 (CC-A) 12:30 PM Dyna-Bands (CC-B) 2:00 PM Aquatic Fitness (LFBTC) </div> <div>Cold Box Lunch</div>
21	<div>22</div> <div> 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Cold Box Lunch Program (CC-A) </div> <div> 12:00 PM Summertime Smoothies (CC-A) </div> <div>Cold Box Lunch</div>	<div>23</div> <div> 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 11:00 AM UNO Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) </div> <div> 12:30 PM Dyna-Bands (CC-B) 2:00 PM Aquatic Fitness (LFBTC) </div> <div>Cold Box Lunch</div>
28	<div>29</div> <div> 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab (CC-TR) 10:45 AM Mini Excursion – BBQ at Baker Ranch 11:30 AM Cold Box Lunch Program (CC-A) </div> <div>Cold Box Lunch</div>	<div>30</div> <div> 10:00 AM Pilates (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Rummikub Tournament (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) </div> <div> 12:30 PM Dyna-Bands (CC-B) 2:00 PM Aquatic Fitness (LFBTC) </div> <div>Cold Box Lunch</div>

WED	THU	FRI / SAT
<div>3</div> <div> 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Chat with Monarch HealthCare (CC-A) 11:30 AM Cold Box Lunch Program (CC-A) 12:00 PM Mini Excursion Registration (CC-A) 1:00 PM Yoga with Fleur (CC-B) Cold Box Lunch </div>	<div>4</div> <div> 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Chicken Sandwiches </div>	<div>5</div> <div> FRI 1:00 PM Bowling League (FL) 7:00 PM Bunco or Bust (CC-A&B) <hr/> SAT </div> <div>6</div>
<div>10</div> <div> 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 11:30 AM Movie Day – Old Goats (CC-L) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga with Fleur (CC-B) Cold Box Lunch </div>	<div>11</div> <div> 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Mexican Madness </div>	<div>12</div> <div> FRI 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT </div> <div>13</div>
<div>17</div> <div> 8:30 AM Excursion – Pompeii and Endeavour Exhibits 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Scrabble (CC-A) 11:30 AM Movie Day – The Monuments Men (CC-L) 11:30 AM Cold Box Lunch Program (CC-A) 1:00 PM Yoga with Fleur (CC-B) Cold Box Lunch </div>	<div>18</div> <div> 9:30 AM Book Discussion – Look Again (CC-EI Toro Room) 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar – Fall Prevention (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Chinese Feast </div>	<div>19</div> <div> FRI 8:30 AM AARP Driver Safety Course (CC-A) 1:00 PM Bowling League (FL) <hr/> SAT </div> <div>20</div> <div> 8:30 AM AARP Driver Safety Course (CC-A) </div>
<div>24</div> <div> TENTH ANNUAL SENIOR RESOURCE FAIR AND VACCINATION CLINIC 10:00 AM–12:00 PM No Emeritus Classes or Activities </div>	<div>25</div> <div> 10:00 AM It's Never Too Late (S&S Club) 10:00 AM Drop-In Computer Lab (CC-TR) 10:30 AM Bingo (CC-A&B) 11:30 AM Birthday Celebration (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Italian Feast </div>	<div>26</div> <div> FRI 1:00 PM Bowling League (FL) 6:30 PM Friday Night @ the Movies – Lone Survivor (R) City Hall Closed <hr/> SAT </div> <div>27</div>

SEPTEMBER

GOOD STUFF COMING YOUR WAY

For further information call 461-3450 or visit the City's website at www.lakeforestca.gov.

Jul/Aug/Sep 2014

12

Senior Scene

OUT OF AFRICA SAFARI PARTY

Friday, August 1 • 4:00–7:00 PM

Fee: \$10.00 per person
(Reservations required – no phone reservations)

An "Out of Africa Safari Party" in Lake Forest...no passport, no long flight, no malaria shot, and no mosquitos. The only wild thing...our adopted Law Enforcement Battalion Marines will be back. Dress in your favorite safari wear, camouflage, animal prints (zebra, giraffe, leopard), khakis, hats, shorts, or dress as your favorite animal (I dare you). Dance to tribal tunes and feast on wild game (wild chicken). Guaranteed you will have a WILD time.

AARP DRIVER SAFETY REFRESHER COURSE

Saturday, July 12 • 8:30 AM–1:00 PM

This instructional class is for the mature driver (50+) who has taken the full two-day course within the last four years.

\$15.00 AARP Members • \$20.00 Non-Members

AARP DRIVER SAFETY COURSE (TWO-DAY SESSION)

Friday / Saturday, September 19 / 20
8:30 AM–12:30 PM

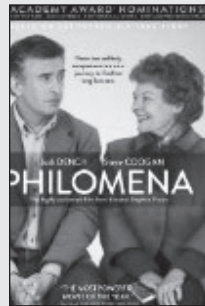
\$15.00 AARP Members • \$20.00 Non-Members

Call 461-3450 to reserve your seat for either safety course.

STAY COOL AT THE CLUBHOUSE

When the temp is over 90 degrees (July through September), the Senior Clubhouse will remain open until 4:00 PM!

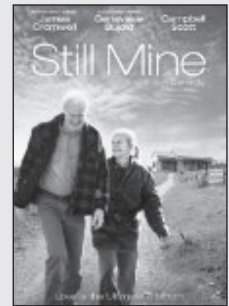
July



Philomena

(PG-13) • July 16
Movie begins at
11:30 AM

Based on the 2009 investigative book by BBC correspondent Martin Sixsmith, *The Lost Child of Philomena Lee*, *Philomena* focuses on the efforts of Philomena Lee (Judi Dench), mother to a boy conceived out of wedlock and given away for adoption in the United States. In following her church doctrine, she was forced to sign a contract that wouldn't allow any inquiry into the son's whereabouts. After starting a family years later in England and moving on with her life, Lee meets Sixsmith with whom she decides to discover her long-lost son.



Still Mine

(PG-13) • July 30

Based on true events, *Still Mine* tells the heartfelt tale of Craig Morrison (James Cromwell), who comes up against the system when he sets out to build a more suitable house for his ailing wife Irene. He quickly gets blindsided by local building codes and bureaucratic officials. As Irene becomes increasingly ill – and amidst a series of stop-work orders – Craig races to finish the house. Hauled into court and facing jail, Craig takes a final stance against all odds in a truly inspirational story.

MOVIE DAYS

Wed • 10:45 AM • Lounge
Movies may change based on availability

August

No Go, No Master

No Go, No Master

(PG-13) • August 13

When a series of package bombs show up on the doorsteps of prominent politicians and businessmen in the summer of 1919, U.S. Bureau of Investigation Agent William Flynn (David Strathairn) is assigned the task of finding those responsible. He becomes immersed in an investigation that uncovers an anarchist plot to destroy democracy. Based on true events of the 20's, the film sets the stage for a timely drama with resoundingly similar parallels to the contemporary war on terrorism and the role government plays to defeat it.



Run & Jump

(PG-13) • August 20

In the wake of her husband's stroke, loving wife and mother Vanetia gradually comes to realize that her household will never be the same again. Much to Vanetia's relief, a research grant from American doctor Ted Fielding provides the funds needed to remain financially afloat. Ted wants to study how the family copes with such a severe trauma. Vanetia's unwavering strong will awakens a newfound sense of vitality in the reserved Dr. Fielding, resulting in growth and healing for all involved.

September



Old Goats

(PG-13) • Sep 10

Old Goats is the hilarious and heartfelt story of a trio of spirited senior citizens on a quest to make the most of their sunset years. Friends Bob, Britt, and Dave are each confronting aging in his own unique fashion: straight-laced Dave rebels against his wife's plans for their new retirement, hoarder Britt struggles with online dating after decades alone on his houseboat, and lively ladies' man Bob juggles a hyperactive social schedule and a fanciful memoir about his adventurous past. This slice-of-life comedy finds offbeat humor in the everyday foibles of life and love after retirement.



The Monuments Men

(PG-13) • Sep 17

Based on the true story of the greatest treasure hunt in history, *The Monuments Men* is an action drama focusing on an unlikely World War II platoon, tasked by FDR with going into Germany to rescue artistic masterpieces from Nazi thieves and returning them to their rightful owners. How could seven museum directors, curators, and art historians possibly hope to succeed? But as the Monuments Men found themselves in a race against time to avoid the destruction of 1,000 years of culture, they would risk their lives to protect and defend mankind's greatest achievements.

TRANSPORTATION OPTIONS

The City of Lake Forest offers door-to-door transportation services to Lake Forest senior residents via Age Well Senior Services (AWSS) Bus and OC Taxi.

I want to go to the Senior Clubhouse Mon-Thu from 10:00 AM–2:00 PM

- Call AWSS at 855-9766 24 hours in advance. Cost is 50 cents one way.
- Call OC Taxi* when the AWSS Bus is full at 364-7000. Cost is \$1.00 one way.

I want to visit my friends, go to the grocery store or a doctor's appointment within the city limits of Lake Forest

- Call OC Taxi* – Cost is \$2.50 one way.

I have an appointment at Saddleback Memorial Hospital

- Call OC Taxi* – Cost is \$5.00 one way.

I have to an appointment at South County Orthopedic Specialist, Kaiser and Hoag Hospitals (Irvine) or Mission Viejo Hospital

- Call OC Taxi* – Cost is \$7.00 one way.

** Prepaid taxi vouchers are mandatory – available for sale at City Hall – must be a Lake Forest resident and 60 years of age or older. Must provide proof of residency and age; cash or check only.*

For additional transportation options, call OCTA at 1-800-636-7433.

SENIOR BOX LUNCH PROGRAM

The Senior Box Lunch Program provided by Age Well Senior Services, Inc., offers a sandwich or salad, fruit or veggie, milk, and dessert. A \$4.50 suggested donation per meal is requested. Lunches



are available at 11:30 AM Monday through Wednesday. Menus will be posted at the Senior Scene Clubhouse on a monthly basis.

HiCAP APPOINTMENTS

Call 461-3408 for appointments. Second Tuesday of each month.

NEED TO KNOW NUMBERS!

AARP	888-687-2277
Age Well Senior Services <i>Formerly South County Senior Services</i>	855-8033
Caregiving Resource Directory	888-721-9797
City of Lake Forest City Hall	461-3400
Council on Aging	714-479-0107
Disabled Housing Information	714-567-7500
Elder/Disabled Adult Abuse	800-451-5155
HiCap Services	800-434-0222
Human Services Information	2-1-1
Irvine Valley College/Emeritus	451-5555
Meals on Wheels	855-8033
Medicare Fraud Hotline	800-447-8477
OCTA (Transportation So. OC)	800-636-7433
Office on Aging	800-510-2020
Orange Caregiver Resource Center	800-543-8312

CELL PHONES FOR LIFE

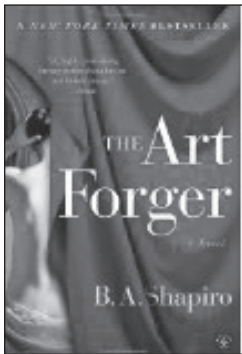
FREE emergency cell phones for elderly and disabled individuals. The cell phones can only be used to call 911. Pick up your cell phone and battery Monday through Thursday, 10:00 AM-2:00 PM at Lake Forest City Hall, 25550 Commercentre Dr., Second Floor.

L.F. READING CIRCLE

Thursdays • NEW TIME: 9:30 AM • El Toro Room

Please join Janet Swanson and the Lake Forest Senior Reading Circle as they discuss this quarter's book selections. Afterwards, drop by the Senior Scene Clubhouse and enjoy a hot lunch and Bingo.

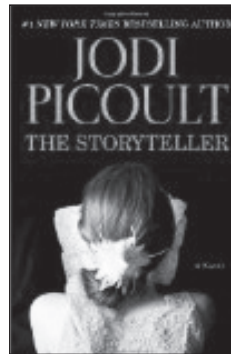
July



July 17
The Art Forger
by Barbara A. Shapiro

Two men dressed as police officers bound and gagged two guards at the Gardner Museum in Boston, and stole thirteen works of art worth today over \$500 million. Claire Roth, a struggling young artist, is about to discover that there's more to this crime than meets the eye. After a scandal involving the provenance of an acclaimed modern painting derails Claire Roth's career, the promising young Boston artist, now a pariah in the art world, makes a living reproducing famous works of art for a popular online retailer. In a desperate move to improve her situation, Claire makes a Faustian bargain with a powerful gallery owner to forge a stolen a Degas masterpiece.

August



August 21
The Story Teller
by Jodi Picoult

Sage Singer befriends an old man who's particularly beloved in her community. Josef Weber is everyone's favorite retired teacher and Little League coach. They strike up a friendship at the bakery where Sage works. One day he asks Sage for a favor: to kill him. Shocked, Sage refuses... and then he confesses his darkest secret – he deserves to die, because he was a Nazi SS guard. Sage's grandmother is a Holocaust survivor. What do you do when evil lives next door? Can someone who's committed a truly heinous act ever atone for it with subsequent good behavior? And most of all – if Sage even considers his request – is it murder, or justice?

September



September 18
Look Again
by Lisa Scottoline

When reporter Ellen Gleeson gets a "Have You Seen This Child?" flyer in the mail, she almost throws it away. But something about it makes her look again, and her heart stops – the child in the photo is identical to her adopted son, Will. Her every instinct tells her to deny the similarity between the boys, because she knows her adoption was lawful. But she's a journalist and won't be able to stop thinking about the photo until she figures out the truth. And she can't shake the question: if Will rightfully belongs to someone else, should she keep him or give him up?



City of Lake Forest Senior Scene
25550 Commercentre Drive
Lake Forest, CA 92630
949-461-3408

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LAKE FOREST SENIOR PROGRAMS

TENTH ANNUAL SENIORS' RESOURCE FAIR AND VACCINATION CLINIC

Wednesday, September 24 • 10:00AM–12:00PM

This is a fantastic opportunity for seniors, caregivers, and adults with parents living at home to get information on many of the health and wellness resources available.

There will be many exhibitors who will provide info on a wide array of products and services by the City, county, and partnering agencies.

Free health screenings and product samples will be available
with opportunity prizes given away every hour!

The City and Walgreens are partnering to offer free flu vaccinations to Medicare recipients
with a minimal fee for non-recipients

(Kaiser, Scan & Tri Care require immunizations through their services).

Proof of Medicare coverage is required at time of vaccination.

A Rite Aid representative will be scheduling Shingles vaccinations as well.

**Due to this event the Senior Clubhouse activities
and exercise classes will not be offered on this day.**